



**Making Great Trainers Since 1977...
Let NETA Make You Great!**

**Westminster Family Fitness Center
11 Longwell Ave
Westminster MD 21158
Local Contact: BETH LANDE**

410-751-5501

WESTMINSTER FAMILY FITNESS and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

GROUP EXERCISE CERTIFICATION

Saturday May 21, 2016

8:00- 5:00

Potential and current fitness instructors will learn basic academic and practical application of teaching group exercise. No college, science or teaching background required. Workshop registration includes a full-day review, written exam and 2-year certification.

Workshop fee: **\$299** *Earlybird fee if registered before April 21, 2016: \$249*

Staff: \$199



INDOOR CYCLING SPECIALTY CERTIFICATION

Sunday May 22, 2016

8:00- 3:00

NETA's new indoor group cycling certificate covers all of the basics of teaching cycling classes including getting started, setting up the room, managing a variety of situations (dealing with new and experienced participants, late arrivals, broken equipment, etc.). Participants learn the many body positions for a safe and challenging ride, contraindications, terminology, class formatting, music selection, cuing and more. A special section has been added to determine exercise intensity.

Workshop fee: **\$169**

Staff: \$149

To Register:

Call 800-237-6242